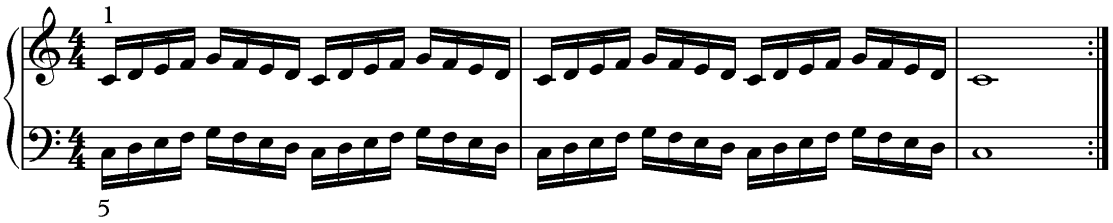
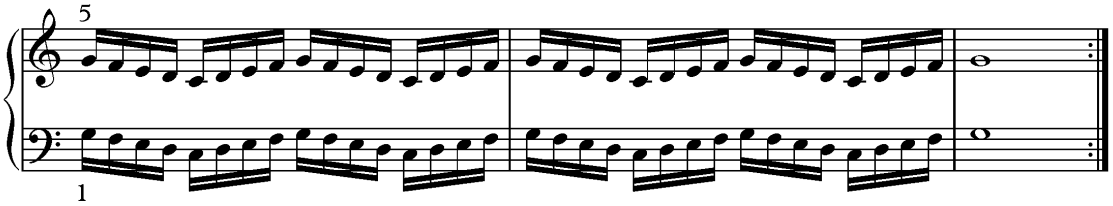
Ejercicios de calentamiento

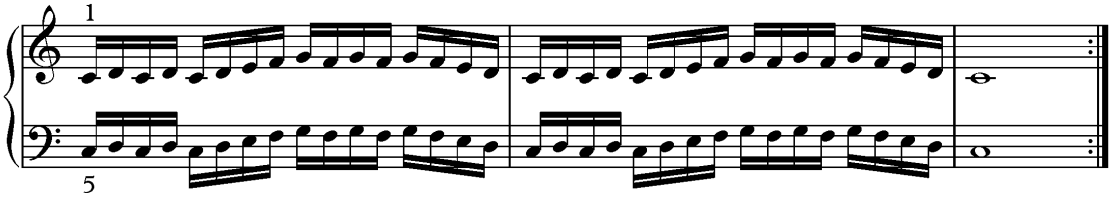
A



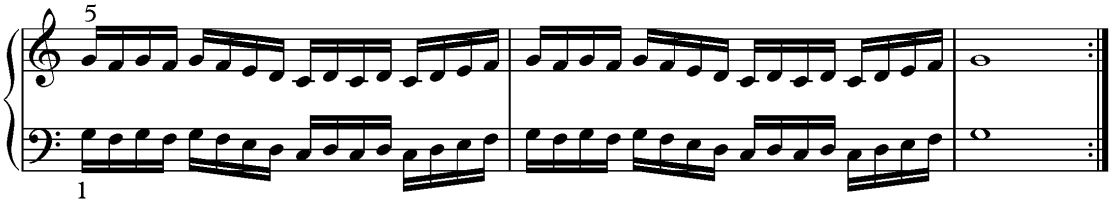
B



C

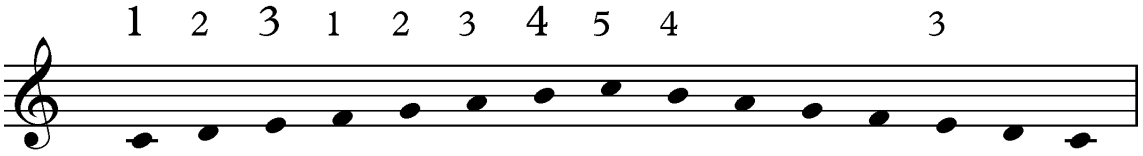
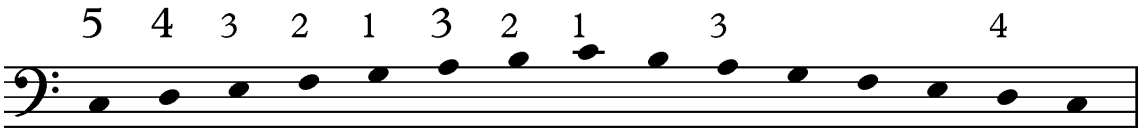


D



Escala de DoM.

a) Mano derecha



b) Mano izquierda